

CPR/First Aid

New for 2020 -2021

Competitor orientation deleted from ILC.

Feedback devices will not be used during ILC competition.

Changes have been made to what Competitors Must Provide.

Editorial changes to guidelines and rating sheets for clarity.

The American Heart Association will publish the official *2020 American Heart Association Guidelines for CPR and Emergency Cardiovascular Care* on October 21, 2020. HOSA does not change editions of resources mid-year, so these 2020 updates will go into effect for the HOSA membership year 2021-2022.

Event Summary

CPR/First Aid provides members with the opportunity to gain knowledge and skills required for team first aid and basic life support. This competitive event consists of 2 rounds and each team consists of 2 people. Round One is a written, multiple choice test and the top scoring teams will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services .

Dress Code Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during both rounds. Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor’s [photo ID](#) must be presented prior to ALL competition rounds.
5. Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an Emergency Medical Technician course should compete in the Emergency Medical Technician event and NOT in the CERT or CPR/First Aid event.

Official References

6. All official references are used in the development of the written test and skill rating sheets.
 - [American Heart Association, *Basic Life Support*, Latest edition.](#)
 - [American Heart Association, *Heartsaver First Aid CPR AED*. Latest edition.](#)
 - [Simmers, L., Simmers-Nartker, Simmers-Kobelak. *DHO: Health Science*. Cengage Learning, Latest edition.](#)

Round One Test

7. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes
8. **Time Remaining Announcements**: There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

9. **Written Test Plan**

Anatomy and Physiology	15%
Basic Life Support	40%
• General Concepts	
• BLS/CPR for Adults, Children and Infants	
• AED for Adults, Children and Infants	
• CPR with Advanced Airway	
• Mouth-to-Mouth/Rescue Breathing	
• Relief of Choking	
First Aid	45%
• Basics	
• Medical Emergencies	
• Injury Emergencies	
• Environmental Emergencies	

10. The average test score from Round One will be used to qualify the team for Round Two.

11. **Sample Test Questions**

1. What is the second link in the AHA BLS out-of-hospital adult chain of survival?
A. Early CPR with an emphasis on chest compressions.
B. Effective advanced life support.
C. Multidisciplinary post-cardiac arrest care.
D. Rapid defibrillation with an AED.
AHA BLS pp 6
2. What can a responsive diabetic who has signs of low blood sugar be given?
A. Chocolate.
B. Something to eat or drink that contains sugar.
C. Diet coke.
D. Nothing to eat or drink.
AHA pp 35
3. After a superficial burn has been cooled, what is the next step?
A. Apply a commercial burn ointment, if available.
B. Remove any clothing that is sticking to the skin.
C. Cover the burn with a dry, nonstick sterile dressing.
D. Place an occlusive dressing over the burn and apply a dressing.
Simmers pp 514

Round Two Skills

12. Round Two is the performance of a selected skill(s). These skills include one First Aid skill and one BLS skill. Rescuer 1 initiates the first aid skill while Rescuer 2 initiates the BLS skill. After the first aid patient has been treated, Rescuer 1 will assist Rescuer 2.

First Aid Skills – Rescuer 1 Initiated

Skill I:	Severe Bleeding and Shock
Skill II:	Choking
Skill III:	Compound Fracture and Splinting
Skill IV:	Severe Burns
Skill V:	Heat-Related Emergency

BLS for Healthcare Providers – Rescuer 2 Initiated

Skill VI:	Adult BLS/CPR
Skill VII:	Adult BLS/CPR (Rescuer 1 Assists)
Skill VIII:	Adult BLS with AED
Skill IX:	Adult BLS with AED (Rescuer 1 Assists)
Skill X:	Infant BLS/CPR
Skill XI:	Infant BLS/CPR (Rescuer 1 Assists)

13. The selected skill(s) will be presented to the competitors as a written scenario at the beginning of the round. The scenario will be the same for each team and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).
14. A **twelve (12) minute maximum time limit** has been set for reviewing the scenario and caring for the patients (skill performance). Timing will begin when the scenario is presented to the team and competitors will be stopped at the end of the time allowed.
15. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
16. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient physiology and will be included in the scenario.

Final Scoring

17. Teams must earn a score of 70% or higher on the combined skill (s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
18. Final rank is determined by adding the averaged round one test score plus round two skill score. In case of a tie, the highest averaged test score will be used to determine final placement.

Note: HOSA follows **American Heart Association** guidelines for CPR for healthcare providers. Steps may differ from those recommended by the American Red Cross. For competition purposes, competitors must follow the steps listed in the guidelines for this event.

Competitors Must Provide:

- Two #2 lead pencils with eraser
- Watch with second hand (optional-Round Two only)
- [Photo ID](#)

General Equipment to be provided by competitors in a first aid kit or bag:

- Cravats (5-10) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing)
- Mouth-to-mask device AND Bag-Mask device (Adult and Infant)
- Biohazard bag
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of scissors
- Adhesive tape
- PPE: 10 pair of non- latex gloves, 2 sets of goggles or safety glasses

** Teams have the option of bringing one kit per person or one kit per team - and should ONLY bring the materials listed above.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

** NOTE TO JUDGES: Competitors should be given full credit for providing an acceptable standard of care, even if the order the skills performed by the competitor is different from the order presented on this rating sheet.*

Skill I: Severe Bleeding and Shock	Possible	Awarded
1. Verified scene safety.	2	0
2. Opened first aid kit and put on PPE.	2	0
3. Checked for responsiveness and breathing.	2	0
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0
5. Quickly assessed the situation. (Asked what happened, noted bleeding.)	2	0
6. Looked for medical information jewelry.	2	0
7. Responded to Rescuer 2's call for help.	1	0
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	1	0
b. Situation, number and condition of both patient(s).	1	0
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
9. Applied a dressing on the wound and elevated the injured part above the level of the heart.	2	0
10. Maintained direct pressure. (Verbalized that direct pressure was maintained for approximately 5 to 10 minutes.)	2	0
11. Slowly released direct pressure. <i>* Judge states, "Bleeding has not stopped."</i>	1	0
12. Applied a second dressing on top of the first dressing and continued to apply direct pressure.	2	0
13. Slowly released direct pressure. <i>* Judge states, "No further bleeding."</i>	1	0
14. Wrapped a pressure bandage firmly over the dressing to hold the dressing in place and tied directly over the dressings.	2	0
15. Checked that the pressure bandage is secure and that it is not too tight by checking a pulse site and observing for discoloration. <i>* Judge states, "Patient's overall appearance is grayish, cold and clammy."</i>	2	0
16. Treated patient for shock		
a. Helped the patient lie on his/her back.	1	0

Items Evaluated	Possible	Awarded
b. If no evidence of head, neck, or back injuries, or possible fracture of the hips or legs, raise feet & legs approximately 12 inches (if elevation causes pain or difficulty breathing, lower legs to flat position)	1 0	
c. Covered the patient to prevent chilling.	1 0	
17. Changed gloves.	1 0	
18. Assisted Rescuer 2 with BLS. <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1 0	
Summary Steps		
19. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
20. Gave information about patient to EMS rescuers.	2 0	
21. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
22. Placed disposable PPE in a biohazard receptacle.	2 0	
23. Used hand sanitizer.	2 0	
TOTAL POINTS - SKILL I 70% Mastery for Skill I = 30.1	43	

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

The patient will be sitting or standing and is NOT pregnant or obese. This patient will not require EMS treatment or transport

Skill II: Choking (Adult or Child)		Possible	Awarded
1.	Observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. Asked can I help you? <i>* Patient nods head yes and cannot talk.</i>	2 0	
3.	Responded to Rescuer 2's call for help.	1 0	
4.	Stood or kneeled behind the patient and wrapped arms around the patient's waist.	2 0	
5.	Made a fist with one hand.	1 0	
6.	Placed the thumb side of fist against the patient's abdomen, in the midline, slightly above the navel and well below the breastbone.	2 0	
7.	Grasped fist with other hand and SIMULATED pressing fist into the patient's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the patient for this scenario.)	2 0	
8.	Repeated thrusts (SIMULATED) until object is expelled from the airway or patient becomes unresponsive, giving each new thrust with a separate, distinct movement to relieve the obstruction. <i>* Judge states, "Object is expelled."</i>	2 0	
9.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1 0	
	b. Situation, number and condition of both patient(s)	1 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1 0	
10.	Opened first aid kit and put on PPE (or changed gloves).	2 0	
11.	Assisted Rescuer 2 with BLS Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.	1 0	

Skill II: Choking (continued)	Possible	Awarded
Summary Steps		
12. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
13. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
14. Placed disposable PPE in a biohazard receptacle.	2 0	
15. Used hand sanitizer.	2 0	
TOTAL POINTS - SKILL II 70% Mastery for Skill II = 19.6	28	

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill III: Open Fracture and Splinting		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0
5.	Looked for any signs of injury (noted deformities, limited motion, loss of motion, pain, tenderness, swelling, discoloration, and bone fragments protruding through the skin).	2	0
6.	Looked for medical information jewelry.	2	0
7.	Responded to Rescuer 2's call for help.	1	0
8.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	1	0
b.	Situation, number and condition of both patient(s).	1	0
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
9.	Covered open wound with a clean dressing.	1	0
10.	Put a plastic bag filled with ice and water, or a cold pack, on the injured area with a towel between the ice bag and the skin.	2	0
11.	Made a splint from appropriate available materials in the room that limits movement of the injury.	2	0
12.	Placed the splint so that it supported the joints above and below the injury (as appropriate to the location of the injury).	1	0
13.	Avoided straightening the bent body part OR moving the broken bone that came through the skin. (As appropriate for the scenario.)	2	0
14.	Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it. If using a hard splint padded the splint.	2	0
15.	Encouraged patient to keep the limb still	1	0
16.	Changed gloves	1	0
17.	Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	0

Skill III: Open Fracture and Splinting (continued)	Possible	Awarded
Summary Steps		
18. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
19. Gave information about patient to EMS rescuers.	2 0	
20. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
21. Placed disposable PPE in a biohazard receptacle.	2 0	
22. Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL III 70% Mastery for Skill III = 27.3	39	

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill IV: Severe Burns	Possible	Awarded
1. Verified scene safety.	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Checked for responsiveness and breathing.	2 0	
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5. Quickly assessed the situation. (Asked what happened, noted burn.)	2 0	
6. Looked for medical information jewelry.	2 0	
7. Responded to Rescuer 2's call for help.	1 0	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	1 0	
b. Situation, number and condition of both patient(s)	1 0	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1 0	
9. SEVERE SECOND-DEGREE OR ANY THIRD-DEGREE BURN		
a. Used thick, dry, non-stick sterile dressing to cover the injured area	2 0	
b. Did NOT attempt to remove any particles of clothing stuck to burned area	1 0	
c. Elevated hands, feet, legs or arms if affected, or head if patient has burns on the face, or is experiencing difficulty breathing <i>* Judge states, "Patient's skin is grayish, cold and clammy."</i>	2 0	
10. Treated patient for shock		
a. Helped the patient lie on his/her back. (May be done at step 9.)	1 0	
b. If no evidence of head, neck, or back injuries, or possibility of fracture of the hips or legs, raise feet approximately 12 inches (if elevation causes pain or difficulty breathing lower legs to flat position).	1 0	
c. Covered the patient with a blanket to prevent chilling.	1 0	
11. Changed gloves	1 0	
12. Assisted Rescuer 2 with BLS <i>* Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1 0	

Skill IV: Severe Burns (continued)		Possible		Awarded
Summary Steps				
13.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
14.	Gave information about patient to EMS rescuers.	2	0	
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
16.	Placed disposable PPE in a biohazard receptacle.	2	0	
17.	Used hand sanitizer.	2	0	
TOTAL POINTS – SKILL IV		36		
70% Mastery for Skill IV = 25.2				

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill V: Heat-Related Emergency		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Checked for responsiveness and breathing.	2	0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0	
5.	Quickly assessed the situation. (Asked what happened.)	2	0	
6.	Looked for medical information jewelry.	2	0	
7.	Observed patient closely for signs and symptoms of heat exposure. Information may be obtained directly from patient or observers.	2	0	
8.	Responded to Rescuer 2's call for help.	1	0	
9.	Called Emergency Medical Services and stated:			
	a. Caller's name, location and phone number.	1	0	
	b. Situation, number and condition of both patient(s)	1	0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0	
10.	Correctly verbalized to judge if patient has heat exhaustion or heat stroke. If heat exhaustion move to #11; if heat stroke move to #12.	2	0	
11.	HEAT EXHAUSTION			
	a. Move the patient to a cool area (if possible).	2	0	
	b. Help the patient lie flat on back and elevate feet & legs 12 inches.	2	0	
	c. Loosened tight clothing & removed excessive clothing.	2	0	
	d. Applied cool, wet cloths to the patient's face. <i>* Judge states, "Patient is conscious."</i>	2	0	
	e. Gave small sips of juice, sports drink, or water (4 oz every 15 min)	2	0	
	f. If patient complained of nausea or vomiting, discontinued fluids.	2	0	
12.	HEAT STROKE			
	a. Immediately moved to cool area if possible	2	0	
	b. Removed excessive clothing.	2	0	
	c. Sponged the bare skin with cool water, or used ice packs on wrist, ankles, axillary & groin regions	2	0	
	d. Verbalized that if vomiting occurred would roll patient to their side	2	0	
	e. Verbalized observing for signs of difficulty breathing	2	0	
	f. Verbalized observing for signs of shock	2	0	

Skill V: Heat-Related Emergency		Possible		Awarded
13.	Changed gloves	1	0	
14.	Assisted Rescuer 2 with BLS <i>*Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	0	
Summary Steps				
15.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
16.	Gave information about the patient to EMS rescuers.	2	0	
17.	Removed gloves properly without touching the outside of the gloves with your bare hands.	2	0	
18.	Placed disposable PPE in a biohazard receptacle.	2	0	
19.	Used hand sanitizer.	2	0	
TOTAL POINTS -- SKILL V		44		
70% Mastery for Skill V = 30.8				

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

- *This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.*
- *Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill VII.*

Skill VI: Adult BLS/CPR – Rescuer 2 Initiates		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	0
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator. * Judge states, "AED is not available."	1	0
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.		
	a. Check for breathing by scanning the patient's chest for rise and fall.	2	0
	b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or 3 fingers and slid into groove between trachea and neck muscle). * Judge states, "Not breathing." or "Not breathing normally" and "no pulse".	2	0
6.	Initial Chest Compressions (30)		
	a. Positioned self at the patient's side.	1	0
	b. Made sure patient is lying faceup on a firm, flat surface.	1	0
	c. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	1	0
	d. Put the heel of the other hand on top of the first hand.	1	0
	e. With arms straight, positioned shoulders directly over his/her hands.	1	0
	f. Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0
	g. At the end of each compression, allowed the chest to recoil completely.	1	0
	h. 30 compressions in no less than 15 and no more than 18 seconds	2	0
7.	Initial Breaths (2)		
	a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	1	0
	b. Sealed the mask on the patient's face. <ul style="list-style-type: none"> • Used the hand that is closer to the top of the patient's head And placed index finger and thumb along the edge of the mask 	1	0

Skill VI: Adult BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
	<ul style="list-style-type: none"> Placed the thumb of his/her second hand along the bottom edge of the mask. 	1 0	
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1 0	
d.	Pushed with the hand on the patient's forehead (the heel part of the hand) to tilt the head back.	1 0	
e.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	1 0	
f.	Delivered two breaths over 1 second each to make the chest rise.	1 0	
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. When Rescuer 1 arrives instruct to perform chest compressions.	2 0	
9.	Grabbed bag-mask and positioned self directly above the patient's head.	2 0	
10.	Used the E-C clamp technique		
a.	Performed a head tilt.	1 0	
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	1 0	
c.	Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1 0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1 0	
11.	Squeezed the bag to give two breaths for 1 second each after every 30 compressions.	1 0	
12.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	1 0	
13.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. *Judge states "EMS has arrived and has taken over care of the patient."	1 0	
14.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
15.	Gave information about patient to EMS rescuers.	1 0	
16.	Removed gloves properly without touching the outside of the gloves with bare hands.	1 0	
17.	Placed disposable PPE in a biohazard receptacle.	1 0	
18.	Used hand sanitizer.	1 0	
TOTAL POINTS – SKILL VI		45	
70% Mastery for Skill VI = 31.5			

****If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.**

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

- This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.
- Rescuer 1 starts with one of the First Aid skills I-V, then moves to assist Rescuer 2 with BLS/CPR following the steps here.

Skill VII: Adult BLS/CPR – Rescuer 1 Assists		Possible		Awarded
1.	After changing gloves, stated, "I can assist you in CPR." and responded to Rescuer 2's instructions to take over chest compressions.	2	0	
2.	Initial Chest Compressions (30)			
a.	Positioned self at the patient's side.	1	0	
b.	Made sure patient is lying face up on a firm, flat surface.	1	0	
c.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	1	0	
d.	Put the heel of the other hand on top of the first hand.	1	0	
e.	With arms straight, positioned shoulders directly over his/her hands.	1	0	
f.	Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0	
g.	At the end of each compression, allowed the chest to recoil completely.	1	0	
h.	30 compressions in no less than 15 and no more than 18 seconds	2	0	
3.	Called for Rescuer 2 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2	0	
4.	Took bag-mask and positioned self directly above the patient's head.	2	0	
5.	Used the E-C clamp technique.	1	0	
a.	Performed a head tilt.			
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	1	0	
c.	Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1	0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1	0	
6.	Squeezed the bag to give two breaths for 1 second each after every 30 compressions. * Judge states "EMS has arrived and has taken over care of the patient."	2	0	

Skill VII: Adult BLS/CPR – Rescuer 2 (continued)	Possible	Awarded
7. Returned to First Aid patient to complete summary steps	1 0	
TOTAL POINTS – SKILL VII 70% Mastery for Skill VII = 16.1	23	

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

* Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill IX

Skill VIII: Adult BLS with AED – Rescuer 2 Initiates		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	0	
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator.	1	0	
5.	Checked to see if the patient has a normal breathing and a pulse for no less than 5 and no more than 10 seconds.			
	a. Checked for breathing by scanning the patient's chest for rise and fall.	2	0	
	b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or more fingers and slid into groove between trachea and neck muscle).	2	0	
	* Judge states, "Not breathing." or "Not breathing normally" and "No pulse."			
6.	Initial Chest Compressions (30)			
	a. Positioned self at the patient's side	1	0	
	b. Made sure patient is lying face-up on a firm, flat surface.	1	0	
	c. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	1	0	
	d. Put the heel of the other hand on top of the first hand.	1	0	
	e. With arms straight, positioned shoulders directly over his/her hands.	1	0	
	f. Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0	
	g. At the end of each compression, allowed the chest to recoil completely.	1	0	
	h. 30 compressions in no less than 15 and no more than 18 seconds	2	0	
7.	Initial Breaths (2)			
	a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	1	0	
	b. Sealed the mask on the patient's face.			
	• Used the hand that is closer to the top of the patient's head and placed index finger and thumb along the edge of the mask.	1	0	
	• Placed the thumb of his/her second hand along the bottom edge of the mask.	1	0	

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)		Possible		Awarded
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1	0	
d.	Pushed with the hand on the patient’s forehead (the heel part of the hand) to tilt the head back.	1	0	
e.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	1	0	
f.	Delivered two breaths over 1 second each to make the chest rise.	1	0	
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrived with AED. Continued compressions while Rescuer 1 prepared AED.	2	0	
9.	Rescuer 1 – Turned on AED and applied pads and attached electrodes.		*	
10.	Rescuer 1 cleared patient and allowed AED to analyze.		*	
11.	Rescuer 2 moved to head to prepare for bag-mask ventilation.	1	0	
12.	Rescuer 1 – If AED indicated a shockable rhythm, cleared patient again and delivered shock.		*	
<i>The remaining steps are performed by Rescuer 2.</i>				
13.	If no shock is indicated or immediately after any shock is delivered, waited for Rescuer 1 to complete 30 chest compressions before delivering 2 breaths with bag mask.	2	0	
14.	Positioned self directly above the patient’s head, holding the bag-mask.	1	0	
15.	Used the E-C clamp technique			
a.	Performed a head tilt.	1	0	
b.	Placed the mask on the patient’s face, using the bridge of the nose as a guide for correct position.	1	0	
c.	Used the thumb and index finger of one hand to make a “C” on the side of the mask, pressing the edges of the mask to the face.	1	0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an “E”), open the airway, and press the face to the mask.	1	0	
16.	Squeezed the bag to give two breaths after every 30 compressions for 1 second each.	2	0	
17.	Responded to Rescuer 1’s call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0	
18.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2.	2	0	
<i>*Judge states “EMS has arrived and has taken over care of the patient.”</i>				
19.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
20.	Gave information about patient to EMS rescuers.	2	0	

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)		Possible		Awarded
21.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
22.	Placed disposable PPE in a biohazard bag.	2	0	
23.	Used hand sanitizer.	2	0	
TOTAL POINTS – SKILL VIII		54		
70% Mastery for Skill VIII = 37.8				

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 1

Note: Variations in AED equipment should be taken into consideration when using this rating tool to evaluate student performance. Adjustments to this rating sheet should support fair and equal treatment of all competitors.

Team #: _____

Judge's Signature: _____

Procedure IX: Adult BLS with AED – Rescuer 1 Assists		Possible	Awarded
1.	After treating first aid patient and changing gloves, arrived with the AED.	1 0	
2.	Rescuer 1 – Turned on AED and applied pads and attaches electrodes.	2 0	
3.	Rescuer 1 cleared patient and allowed AED to analyze.	2 0	
4.	Rescuer 2 moved to head to prepare for bag-mask ventilation.	*	
5.	Rescuer 1 – If AED indicated a shockable rhythm, cleared patient again and delivered shock.	2 0	
6.	If no shock is indicated or immediately after any shock is delivered, began chest compressions.		
a.	Positioned self at the patient's side.	1 0	
b.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	1 0	
c.	Put the heel of the other hand on top of the first hand.	1 0	
d.	With arms straight, positioned shoulders directly over his/her hands.	1 0	
e.	Pushed hard and fast (compressions at least 2", rate of 100-120/min.)	2 0	
f.	At the end of each compression, allowed the chest to recoil completely.	1 0	
g.	Counted compressions aloud.	2 0	
h.	30 compressions in no less than 15 and no more than 18 seconds	2 0	
7.	Called for Rescuer 2 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2 0	
8.	Took bag-mask and positioned self directly above the patient's head.	2 0	
9.	Used the E-C clamp technique		
a.	Perform a head tilt.	1 0	
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	1 0	
c.	Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1 0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1 0	

Skill VIII: Adult BLS with AED Rescuer 1 (continued)		Possible	Awarded
10.	Squeezed the bag to give two (2) breaths for one (1) second each after every 30 compressions until: *Judge states "EMS has arrived & has taken over care of the patient."	2 0	
11.	Returned to First Aid patient to complete summary steps.	1 0	
TOTAL POINTS – SKILL IX 70% Mastery for Skill IX = 20.3		29	

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

- *This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.*
- *Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill VII.*

Skill X: Infant BLS/CPR – Rescuer 2 Initiates		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness: tapping on foot and shouting for help	2	0
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator. <i>* Judge states, "AED is not available."</i>	1	0
5.	Checked to see if the patient has a normal breathing and a pulse for no less than 5 and no more than 10 seconds.	2	0
	a. Checked for breathing by scanning the patient's chest for rise and fall.		
	b. Performed a pulse check by feeling for a brachial pulse (place 2 or 3 fingers on the inside of the upper arm, between the infant's elbow & shoulder) . <i>* Judge states, "Not breathing." or "Not breathing normally" and "No pulse".</i>	2	0
6.	Initial Chest Compressions (30)		
	a. Positioned self at the patient's side.	1	0
	b. Made sure patient is lying faceup on a firm, flat surface.	1	0
	c. Place 2 fingers in the center of the infant's chest just below the nipple line.	1	0
	d. Push hard and fast (compressions at least 1/3 the depth of the chest or 1 ½ inches at a rate of 100-120/min).	2	0
	e. At the end of each compression, allowed the chest to recoil completely.	1	0
	f. 30 compressions in no less than 15 and no more than 18 seconds.	2	0
7.	Initial Breaths (2)		
	a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	1	0
	b. Opens airway adequately by placing the infants head in a neutral position.	1	0
	c. Delivered two breathes over 1 second each to make the chest rise	1	0

Skill X: Infant BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. Rescuer 2 continues providing chest compressions.	2 0	
9.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch.	2 0	
10.	Took bag-mask and positioned self directly above the patient's head.	2 0	
11.	Used the E-C clamp technique		
	a. Placed the mask on the patient's face, using the bridge of the nose as a guide for correct placement	1 0	
	b. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1 0	
	c. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1 0	
12.	Squeezed the bag to give 2 breaths for 1 second each after every 15 compressions.	2 0	
13.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
14.	Performed chest compressions using 2 thumb-encircling hands technique (hands encircling chest, use both thumbs to depress the lower half of the breast bone), counting aloud, using a compressions to breaths ratio of 15:2.	2 0	
15.	15 compressions in no less than 7 and no more than 9 seconds. *Judge states "EMS has arrived and has taken over care of the patient."	2 0	
16.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
17.	Gave information about patient to EMS rescuers.	2 0	
18.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
19.	Placed disposable PPE in a biohazard receptacle.	2 0	
20.	Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL X		49	
70% Mastery for Skill X = 34.3			

****If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.**

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

- *Rescuer 1 starts with one of the First Aid skills I-V, then moves to assist Rescuer 2 with BLS/CPR following the steps here.*

Skill XI:	Infant BLS/CPR (Rescuer 1 Assists)	Possible		Awarded
1.	After changing gloves, Rescuer I stated, "I can assist you in CPR."	2	0	
2.	Using bag mask and positioned self directly above patient's head.	2	0	
3.	Used the E-C clamp technique			
	a. Placed the mask on the patient's face, using the bridge of the nose as guide for correct placement.	1	0	
	b. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1	0	
	c. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1	0	
4.	After 5 cycles, called for change of position	2	0	
5.	Delivered 15 chest compressions:	2	0	
	a. Pressed the infants breastbone down about 1 ½ inch			
	b. Counted out loud "one, two, three, ... "	2	0	
	c. Gave 15 compressions in no less than 7 and no more than 9 seconds	2	0	
	d. Paused for ventilation after each 15 th compression	2	0	
6.	Continued CPR cycles until judge states "EMS has arrived and has taken over care of patient."	2	0	
7.	Returned to first aid patient to complete summary steps.	1	0	
TOTAL POINTS – SKILL XI (RESCUER I)		20		
70% Mastery for Skill XI = 14				

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*